



## 5 Takeaways

### **Understanding the Microbiome Series - Carbs, Blood Glucose and the Microbiome**

with Katrine Whiteson, PhD

Chancellor's Fellow and Associate Professor, Molecular Biology and Biochemistry, UCI School of Biological Sciences & Pediatrics, UCI School of Medicine

- 1. Carbohydrates can be simple, individual sugar molecules all the way to long complex chains of sugars (e.g. fiber), that are an understudied scientific frontier.**
- 2. Simpler sugars cause faster, larger spikes in blood glucose; while fiber slows down sugar absorption and decreases insulin requirements and Type II diabetes risk.**
- 3. Insulin was discovered in 1921, and it is a hormone that allows glucose into muscle and fat cells; Type I and Type II diabetes have very different origins and treatment strategies.**
- 4. Individual and unique blood sugar responses to carbohydrates are associated with the composition of the gut microbiome.**
- 5. Eating fiber has similar impact as Ozempic! Consider spacing out carbohydrate rich meals, and aiming to increase the diversity of fiber-rich foods in your diet.**

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